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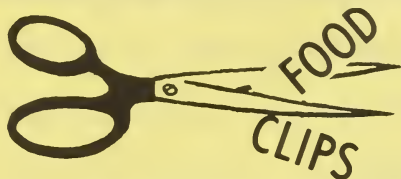


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Food and Home Notes

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Planning ahead? Casseroles of cooked dry beans freeze well to provide winter "quickee" meals. Freezing softens beans somewhat. Cook the beans until barely tender for the best quality frozen product, home economists at the U.S. Department of Agriculture suggest.

* * *

Don't attempt to freeze cooked egg whites, however. Freezing toughens them.

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Did you know that new potatoes usually freeze better than mature potatoes? The mature ones tend to disintegrate or become watery when boiled and then frozen.

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Always use spices and herbs sparingly or they overpower, rather than enhance the natural flavor of vegetables. A rule of thumb for 2 cups of vegetables is use one-fourth to one-half teaspoon of (most) dried spices and herbs.

USDA RESEARCH --- on Teenage Nutrition

What are the meal patterns of teenagers? And, how can the nutrient intakes of large numbers of teenagers be improved? These are the questions included in the study, which is part of a research project at Florida A&M University (Tallahassee) under a grant from the U.S. Department of Agriculture's Cooperative State Research Service. It is a three-year project.

The most effective methods of teaching nutrition will be studied by the researchers. Mass media techniques -- television, radio, attractive mailings -- whatever educational aides will best reach teenagers are under consideration.

Teenagers to be studied reside in selected counties of north Florida. They have been selected on the basis of race, income, education of parents, and previous nutrition knowledge. This is part of the National research project on improving nutrition with funding by CSRS of the U.S. Department of Agriculture.

A PRIMER ON —

Soybeans -- available in many forms -- are a valuable source of oil, flour, and grits. Soybeans also are a valuable and economical source of several essential nutrients. They may be used in every meal -- in many different dishes -- and with easy variations. The protein in soybeans contains all of the essential amino acids ("essential" here means amino acids that are required by the body but the body cannot make--so must come from foods) according to the Consumer and Food Economics Institute of the Agricultural Research Service, USDA.

Green soybeans -- a dependable source of a number of minerals and vitamins including calcium, phosphorus, iron, vitamin A, thiamin, and riboflavin.

(However, a considerable portion of the vitamin A is lost during drying.)

Dry soybeans -- contain $1\frac{1}{2}$ times as much protein as other dry beans and 11 times as much fat.

Soybean sprouts -- increase in volume about six times as they sprout. Dry soybeans may be used and sprouted at home. Because of the firm texture of the bean, bean sprouts usually are parboiled.

Soy flour. Three types of flour are made from soybeans: 1) full-fat flour -- the one generally available in stores -- contains about 35 percent protein and about 20 percent fat (which is all of the fat present in whole soybeans. 2) Lowfat soybean flour contains about 6 percent fat and nearly 45 percent protein. In 3) defatted soybean flour, the fat has been removed by hexane extraction. This flour contains less than 1 percent fat and about 50 percent protein.

Soy milk -- available commercially in dry, concentrated, and ready-to-use forms. Soy milk may also be prepared at home. Commercial soy milk is often fortified with vitamins and minerals to approximate the composition of cow's milk.

— S O Y B E A N S

Soy grits -- available only in defatted form and are similar to soy flour but are more coarsely ground.

Soybean mash -- mash or pulp, the solid material left after soybean milk has been prepared -- has a bland flavor and a rather coarse texture. Some protein is retained in the mash.

Soybean curd. Fresh soybean curd, usually purchased in grocery stores or specialty markets, is purchased in squares called "cakes." Fresh curd should be cut and the liquid drained off before adding to any recipe. There are two types of curd -- instant powder and curd cubes available in cans.

Soybean oil. Soybeans are rich in polyunsaturated oil which is extracted for commercial use. Processed soybean oil is light in color, has a mild flavor, and can be used as oil in any recipe. It should be kept in the refrigerator after opening.

A new U.S. Department of Agriculture publication, Soybeans in Family Meals, Home and Garden Bulletin No. 208, is now available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 for 35¢. The first of its kind for consumer use, this publication includes soybean recipes for bread, desserts, main dishes, salads and dressing, sauces, snacks, soups, and vegetables. It also gives information on the nutritive and caloric value of the foods.

FOR MEDIA ONLY -- Single copies may be obtained free from the Editor of Food and Home Notes. Sorry, no free copies available except to working media.

COST OF FOOD AT HOME FOR A WEEK (July)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$26.10	\$32.60	\$39.60
Elderly couple.....	21.10	26.90	32.00
Family of 4 with preschool children.....	37.50	47.00	56.50
Family of 4 with elementary school children.....	43.90	55.10	66.80
Individuals*			
Women			
20-34 years.....	10.90	13.60	16.30
35-54 years.....	10.40	13.10	15.60
55 years and over.....	8.80	11.20	13.20
Men			
20-34 years.....	12.80	16.00	19.70
35-54 years.....	11.90	14.80	17.90
55 years and over.....	10.40	13.30	15.90
Children			
1-2 years.....	6.30	7.80	9.20
3-5 years.....	7.50	9.60	11.30
6-8 years.....	9.30	11.70	14.40
9-11 years.....	10.90	13.80	16.40
Girls 12-19 years.....	11.80	14.80	17.50
Boys 12-19 years.....	13.80	17.50	20.80

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.